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Tuesday, February 14, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

VIRTUOUS VALENTINE'S DAY

Satisfy your sweet tooth with these nutritious desserts. 17

How to break the ice on a first date. 13

Macnow: Flyers open to trading Mason? 18

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Big Sing:
American Stories
The Music of Ysaye Barnwell

FEBRUARY 26, 2017
4PM

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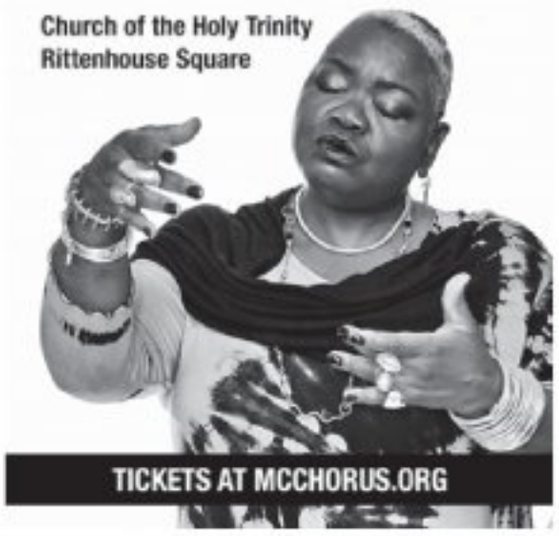

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TO REFUGEES, *with love*

Children from California to Connecticut craft valentines for refugees as part of a project started by a Manhattan family. 4

PROVIDED

TRUMP ONLY 'TWEAKING' CANADA TRADE TIES

1 President Donald Trump said on Monday the United States will be "tweaking" its trade relationship with Canada, unlike its trade ties with Mexico where it faces a more severe situation. "We have a very outstanding trade relationship with Canada. We'll be tweaking it," Trump said at a joint news conference with Canadian Prime Minister Justin Trudeau at the White House.

"It's a much less severe situation than what's taking place on the southern border. On the southern border, for many, many years the transaction was not fair to the United States." REUTERS

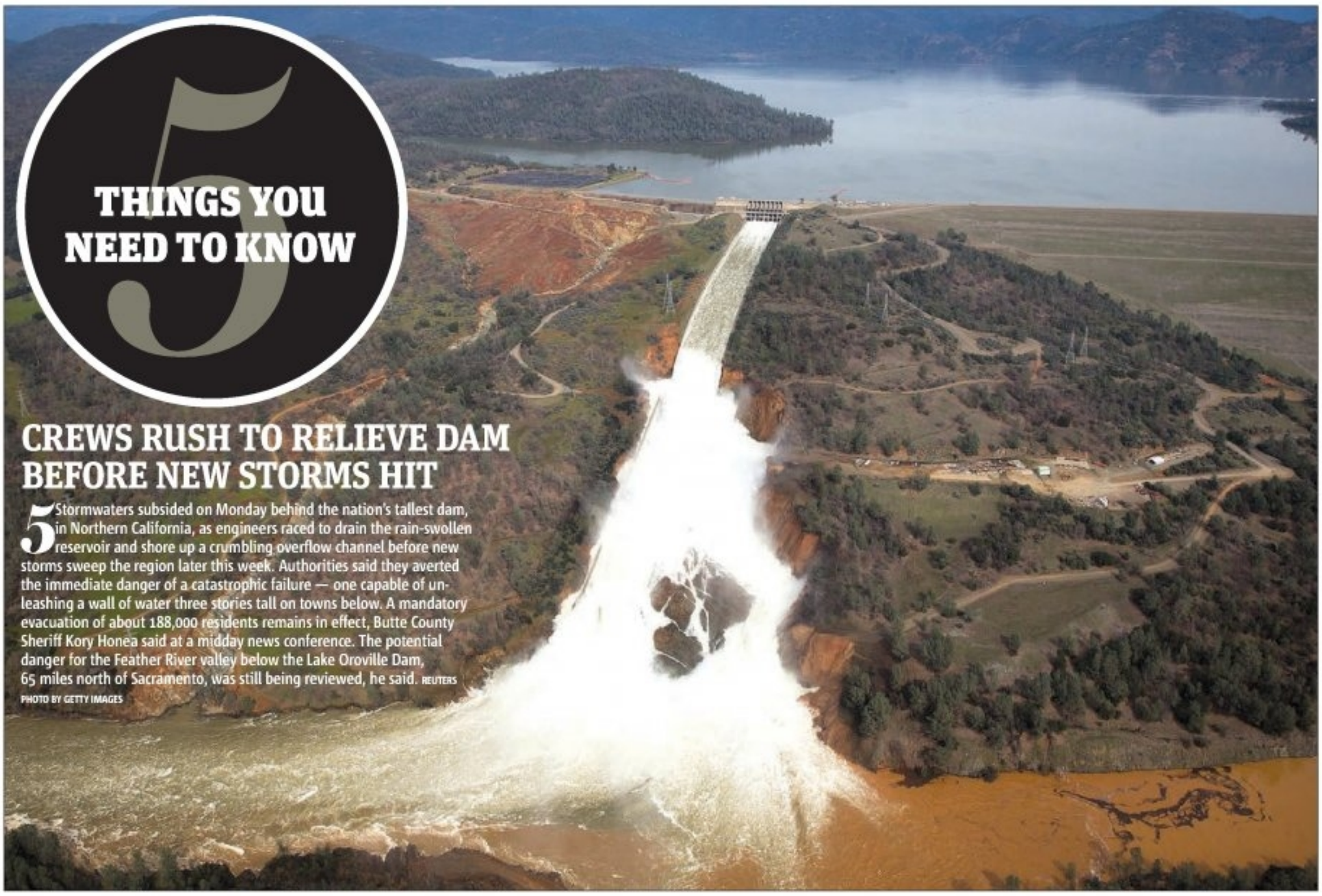
GERMANY, FRANCE DEEPEN MILITARY TIES

2 Germany will move forward this week with plans to set up a joint fleet of Lockheed Martin Corp C-130J transport planes with France and join a Netherlands-led fleet of Airbus A330 tanker planes, defense ministry sources said. Those and several other initiatives with Norway, Romania and the Czech Republic are part of a broader drive to expand European defense cooperation to be announced at a meeting of NATO defense ministers in Brussels, the sources said. The agreements come as Germany and other NATO members face increasing pressure from the United States to spend more for their own military and reach NATO's target of devoting 2 percent of gross domestic product to defense spending. REUTERS

MNUCHIN CONFIRMED AS TREASURY SECRETARY

3 The U.S. Senate on Monday voted to confirm former Goldman Sachs banker Steven Mnuchin as Treasury secretary, installing the Trump administration's point-man on tax reform, financial deregulation and economic diplomacy efforts. The Senate voted 53-47 in a largely party-line vote to approve the nomination. Sen. Joe Manchin of West Virginia was the only Democrat to vote in favor of Mnuchin. The Goldman Sachs veteran is in charge of the Treasury for the first time since the financial crisis pushed Wall Street out of favor in top Washington policy circles eight years ago. REUTERS

5 THINGS YOU NEED TO KNOW



CREWS RUSH TO RELIEVE DAM BEFORE NEW STORMS HIT

5 Stormwaters subsided on Monday behind the nation's tallest dam, in Northern California, as engineers raced to drain the rain-swollen reservoir and shore up a crumbling overflow channel before new storms sweep the region later this week. Authorities said they averted the immediate danger of a catastrophic failure — one capable of unleashing a wall of water three stories tall on towns below. A mandatory evacuation of about 188,000 residents remains in effect, Butte County Sheriff Kory Honea said at a midday news conference. The potential danger for the Feather River valley below the Lake Oroville Dam, 65 miles north of Sacramento, was still being reviewed, he said. REUTERS

PHOTO BY GETTY IMAGES

APPLE SHARES HITS RECORD HIGH

4 Apple shares cruised to a record-high close Monday, helping catapult the S&P 500 stock index over the $20 trillion mark in what amounts to a victory for plain-vanilla mutual funds over a bevy of hedge fund managers who recently backed away from the iPhone maker. The largest component of the S&P 500 and a core holding on Wall Street, Apple's stock climbed 0.9 percent to end at $133.29, above its record-high close of $133.00 hit on Feb. 23, 2015 and giving it a market value of about $699 billion. Its increase helped balloon the S&P 500's .SPX market capitalization on Monday beyond $20 trillion for the first time. While mutual funds have largely bet on Apple in recent months, some big names missed out on all or part of its recent acceleration. REUTERS

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CRISTABELLE TUMOLA, WEB EDITOR

As protesters take to the streets, states are proposing laws to make sure that they get out of them. A Tennessee bill would protect drivers who hit protesters with their cars. The protester would not be able to sue the driver in civil court for any injuries (as long as they weren't hit willfully). Other states want to target protesters who impede traffic, even billing them for the cost of law enforcement or threatening prison time.

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Hearts for Refugees spreads message of support, kindness

Children from coast to coast crafted Valentine's Day cards for refugees as part of a project launched by a Manhattan family.

LAURA BARCELLA
@MetroBOS
letters@metro.us

"Mom, what's a refugee?"

Ashley Lavin wasn't sure how to respond when her 5-year-old daughter, Lucy, asked her that question two weeks ago. Lavin, 37, a stay-at-home mom of two on Manhattan's Upper East Side, answered simply but truthfully, telling the little girl, "They're people whose homes are no longer safe, so some of them come to the U.S."

When Lucy replied, with 3-year-old brother Billy eagerly listening in, "Can kids be refugees? Can I be their friend?" Lavin was again taken aback. "It was this moment of pure empathy and kindness. As a parent you always want to encourage that," she said.

So she decided to launch a kid-friendly Valentine's Day project called Hearts for Refugees to help New York kids and families push their collective urge toward kindness one step further.

Lavin, her kids and her husband Brian, 37, began creating colorful paper valentine hearts to pass out to local refugees. The cards bear inclusive messages of encouragement such as "I am your friend" and "I am happy you are here."

Lavin spread the word about the project to family and friends online, enlisting the support of people from Connecticut to California, as well as a number of women in her neighborhood moms' group. "The response has been incredible," she said.

Hundreds of people have since deposited their own handmade heart cards in drop boxes Lavin set up around Manhattan.

The New York-New Jersey arm of the International Rescue Committee agreed to distribute the cards, and to spread the love even further, Lavin created an online fundraising page, where her family will donate $1 to the IRC for every heart card collected (up to $1,000).

> *"The kids were so excited. They knew what this was all about."*
> Ann Pennington

Various New York City schools, synagogues, shops and community groups have also jumped in to show their open-armed spirit, hosting drop boxes and making cards for the project. Operation Exodus Inner City, a tutoring and mentoring program for Latinx youth in Washington Heights, was one such group. Ann Pennington, a NYC stylist, helped organize the Operation Exodus event, where approximately 50 children from the tutoring program designed their own hearts for refugees.

"The kids were so excited. They knew what this was all about," Pennington said.

Avigail Ziv, executive director of International Rescue Committee New York-New Jersey, said her department resettles approximately 400 refugees in New York and New Jersey each year, and provides guidance and assistance for up to 4,000 others. Ziv believes the Hearts for Refugees project helps "put a more human face on the refugee crisis. There are [refugee] kids here just starting school, making their lives, and this is a great way to touch them."

Lucy Lavin, 5, and her 3-year-old brother Billy show the Valentine's Day cards they made for refugee children. PROVIDED

For her part, Lavin said she wasn't particularly attuned to refugee issues until she "had to be" following the enactment of President Donald Trump's notorious Muslim ban. His highly restrictive executive order, since suspended by a federal appeals court, mobilized countless New Yorkers in protest.

Though she started Hearts for Refugees as a small project to encourage kids' compassion, after receiving such a promising swell of support, Lavin now sees it in an even broader light.

"We've been able to teach [children] that the world around them is full of overwhelmingly good people," she said. "And that if we all work together, we can do amazing things."

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Jerry Sandusky, a former assistant Penn State football coach, was convicted for child abuse in 2012. GETTY IMAGES

Son of Jerry Sandusky arrested for child sex abuse, child pornography

Jeffrey Sandusky, the adopted son of Jerry Sandusky, faces allegations that he solicited oral sex from a minor.

KIMBERLY AQUILINA
@KimESTAqui
kimberly.aquilina@metro.us

The son of former Penn State assistant coach Jerry Sandusky was arrested on Monday in connection with child sex abuse charges, according to reports.

Jeffrey Sandusky, 41, is being held on $200,000 bail at Centre County Prison pending a preliminary hearing on Feb. 22, CBS3 reported.

Sandusky, the adopted son of convicted child molester Jerry Sandusky, faces 14 charges, including child sexual abuse, statutory sexual assault and child pornography.

He is accused of soliciting oral sex and naked photographs from the teenage daughters of a woman with whom he lived, police said.

Rockview State Correctional facility, Jeffery Sandusky's employer, suspended him pending the outcome of his trial, NBC's Tom Winter tweeted.

Police opened an investigation into Jeffrey Sandusky last November, according to the criminal complaint. One of the girls mentioned in the document saved text messages from Sandusky seeking naked pictures. The girl showed the messages to her father, who contacted police, according to investigators.

Neither Sandusky nor a lawyer representing him could be reached for comment.

The elder Sandusky, 72, is serving 30 to 60 years in state prison after a jury convicted him in 2012 of molesting 10 boys at Penn State sports facilities or through the auspices of The Second Mile, his former charity.

Sandusky founded the charity in 1977 for at-risk children. His molestation victims were children he met there, and some of them testified against him at his 2012 trial.

He is currently pursuing an appeal in county court.

Penn State has shelled out a total of $93 million to 33 people alleging that Jerry Sandusky sexually abused them.

Reuters contributed to this report.

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From Iraq, with love: Refugee family embraced in US days before travel ban

Iraqi refugee Mohammed Hameed and his family were embraced when they landed, not banned.

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Mohammed Hameed and his daughter Sarah. BESS ADLER

It took three years for Mohammed Hameed to go through the immigration process to get to America from Iraq despite his dangerous service as a translator for the U.S. Army. He and his family landed at Newark International Airport just three weeks before President Donald Trump signed an executive order banning travel from his country and six other Muslim-majority nations.

"We escaped that fate. The whole thing, arrival and getting in was so easy," he told Metro.

When he landed, the resettlement agency Church World Service was waiting at the gate to welcome them. "They received us with open arms," he said, grateful for the abundant care CWS showed in providing for their needs — finding them a safe home in Bayonne, New Jersey, enrolling his children, Abdullah, 10, and Sarah, 7, in school, and helping him find employment.

"I was trying to find a refuge, a safe haven for my family," Hameed, 38 said. "The nature of the American people. They are so friendly, unlike other people in the world. So kind."

CWS resettled 9,679 individuals from 41 countries last year; its dozens of other programs assist in crises from safe water access to the unaccompanied children crisis. Since it was founded in 1975, it has resettled three million people.

Although the travel ban remains suspended by an appellate court decision, Trump promises to pursue his campaign promise to prevent people from Muslim countries from entering the country with a revised executive order.

Relief and resettlement agencies you can donate to:

CHURCH WORLD SERVICE
Relief, development and refugee assistance arm of the National Council of the Churches of Christ. cwsglobal.org

INTERNATIONAL RESCUE COMMITTEE
Responds to the worst humanitarian crises and helps people to survive and rebuild their lives. rescue.org/united-states/new-york-ny

PENNSYLVANIA REFUGEE RESETTLEMENT PROGRAM
Helps refugees and their families obtain employment, economic self-sufficiency and social integration. refugeesinpa.org/

WELCOMING AMERICA
Georgia-based nonprofit teams with organizations and local governments throughout the country including Boston, New York City and Philadelphia. welcomingamerica.org/

Hameed's story is a powerful example of the people affected by the ban. He was invited to speak at a conference with New York Sen. Chuck Schumer to share the details of his journey.

Danger had persisted for Hameed and his loved ones in Baghdad even after the Iraq war ended in 2011. Hameed had helped Americans as a translator for 10 years, and because of that he was a target for terrorist groups looking for "American spies," he said.

His house was once invaded by terrorists, with the help of Iraqi police; Hameed was not home but on a U.S. Army base for a monthlong training. But his lookalike brother was kidnapped in the raid. He was held for three days, beaten, tortured and thrown on the side of the road where by chance his family found him.

Several of Hameed's friends and fellow interpreters were killed. "I would be dead now" if it were not for a special American program that aided interpreters to emigrate.

Today is Hameed's first Valentine's Day, a day he'd heard about but never observed. His plan is to embrace his family and celebrate being in a place where danger cannot tear loved ones apart.

THE INSOMNIAC FILES

'GENTLE WHISPERING' INTO THAT GOOD NIGHT

OPINION

KIMBERLY M. AQUILINA
@KimESTAqui

One viewer wrote: "Oh Marie you have crawled into my head to find my triggers, or looked at my history, whichever. This is beyond ... you are too much, you are a goddess. Got tingles from the title alone. Now can I calm down enough to enjoy this. ... Thank you Maria!!" YOUTUBE/GENTLE WHISPERING ASMR

While looking for good sleep, I found fear of commitment.

Watching every episode of every "Law & Order" incarnation there is, lying on the couch, too anxious to face the bed (why don't I just marry it?!), lulled by the cadence of the dun-duns, I'd end up eating ramen noodles and watching TV until my brain cried uncle.

They say to turn off technology, but what if A/V does the trick?

Imagine a delicate voice, kissed by an Eastern European accent, telling you, "I sense that something could be troubling you and I would like to provide you with the comfort if you allow me."

The voice belongs to Maria (surname withheld for privacy reasons), who started listening and watching autonomous sensory meridian response (ASMR) videos in 2010 to overcome her anxiety. Eventually, Maria started making her own videos under the name "Gentle Whispering" and is now the godmother — the OG, if you will — of ASMR videos.

ASMR gives the listener a tingly, euphoric sensation created by positive feelings, visual stimuli and acoustic triggers.

"Some people listen to music and are uplifted and inspired — we like to say it's the same sensation, but instead of excitement, it relaxes you," Maria explained.

There are people who can fall asleep to sounds of the rainforest, but Maria said the human element is what makes ASMR special. "People of an older age, like kids, like to be put to bed by our parents or loved ones," she added. "As an adult, you don't get to feel that anymore."

I tried ASMR a few years ago but it didn't seem to stick with me. For starters, I'm terrible at keeping a routine. Also, ASMR just didn't knock me out cold, and I'm an "I want it now" kind of person.

After speaking to Maria, I gave ASMR another shot.

Maria whispered in my ear, and that familiar scalp tingle returned and I relaxed, but my brain seemed too interested in what this pretty lady was doing on screen and what was going to happen next (the same reason I can't read before bed).

There isn't a lot of research done on ASMR, Maria said, but she gets comments on her videos from all walks of life.

"Almost 80 percent see a real change in mood, levels of anxiety levels or depression," Maria said of her followers. "They feel like they are being taken care of and helped."

Be sure to check back on Tuesdays to see what I try next. Until then, stay away from the ramen! It doesn't work.

PROTESTING CONTINUES

Philadelphia activists predict pain from Trump picks

Labor and civil rights organizers rallied in Philadelphia against two more of President Donald Trump's pending appointments to key posts in the government, claiming they could upend key legal protections for workers, LGBT people and the environment.

"The Department of Labor is supposed to be that agency in government that has my best interests at heart as a worker," Terry Williams, an organizer with 32BJ service employees' union, said at a rally outside a Center City McDonald's on Monday to oppose Labor secretary nominee Andrew Puzder.

Puzder is the CEO of CKE Restaurants, which owns Hardee's and Carl's Jr.

"He [Puzder] is the very type of individual they're supposed to be protecting me from," said Williams, 53, who has worked for McDonald's, Burger King and Wendy's over the years. "That's like putting the rat in charge of protecting the cheese."

Union members carried pictures of Puzder as the "Hamburglar" and signs with Puzder's quote about the benefits of machines over human employees.

"They're always polite, they always upsell, they never take a vacation, they never show up late, there's never a slip-and-fall, or an age, sex or race discrimination case," he told Business Insider in 2016.

As 32BJ and other labor organizations fight for a $15 an hour minimum wage, they believe Puzder would oppose any raises in the wage.

Meanwhile, leaders of a diverse range of advocacy groups met in City Hall to voice their opposition to Trump's conservative Supreme Court nominee, Neil Gorsuch.

They included leaders from Planned Parenthood, labor unions, and as gun control, environmental conservation and gay rights groups.

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Courts likely to probe Trump's intent in issuing travel ban

The presidential order imposed a temporary ban on travelers from seven predominantly Muslim countries, but a federal judge has barred enforcement of the order while the court considers a challenge brought by Washington state.

Washingon state Attorney General Bob Ferguson GETTY IMAGES

Washington state's attorney general has promised to uncover "what truly motivated" President Donald Trump's executive order on immigration, an approach that could prompt a rare public examination of how a U.S. president makes national security decisions.

On Thursday, the U.S. Court of Appeals for the 9th Circuit left the judge's ruling in place without deciding the ultimate merits of either side's arguments. In its decision, the 9th Circuit cited a previous case establishing that "circumstantial evidence of intent, including … statements by decision makers, may be considered in evaluating whether a governmental action was motivated by a discriminatory purpose."

The Trump administration has argued that the ban is necessary to prevent potential terrorists from entering the country and is not discriminatory because the text of the order does not mention any particular religion.

Washington Attorney General Bob Ferguson signaled on Sunday that he will move aggressively to obtain written documents and emails authored by administration officials that might contain evidence the order was unconstitutionally biased against Muslims or Islam. He also said he would also move to depose administration officials.

Legal scholars say this could move the court into uncharted waters.

"The idea of looking at motive has never really been applied to the president," said John Yoo, a former Justice Department lawyer in the George W. Bush administration.

"It would represent a serious expansion of judicial oversight of what the president and the entire executive branch does," said Yoo, now a professor at the University of California at Berkeley School of Law. REUTERS

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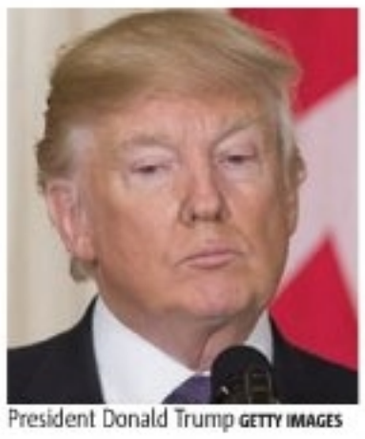
House tax committee will not seek Trump tax returns

A congressional tax oversight committee will not seek President Donald Trump's tax returns despite calls from Democrats for a review to determine possible business ties to foreign countries including Russia, the panel's Republican chairman said on Monday.

"If Congress begins to use its powers to rummage around in the tax returns of the president, what prevents Congress from doing the same to average Americans?" House of Representatives Ways and Means Committee Chairman Kevin Brady told reporters.

"Privacy and civil liberties are still important rights in this country, and [the] Ways and Means Committee is not going to start to weaken them."

The Texas Republican was responding to questions about a Feb. 1 letter from Representative Bill Pascrell, a Ways and Means Democrat who asked Brady to obtain Trump's returns from the U.S. Treasury so the committee could review them in closed session and vote on whether to release them to the public.



President Donald Trump GETTY IMAGES

Pascrell's office had no immediate response to Brady's remarks.

Defying decades of precedent, Trump has long refused to release the documents, which Democrats say could show whether his sprawling business empire poses any conflicts of interest as he moves forward with initiatives on issues ranging from tax reform to foreign relations.

Experts say federal law authorizes the House Ways and Means Committee, the Senate Finance Committee and the Joint Committee on Taxation to examine individual returns.

The two other panels are headed by Sen. Orrin Hatch, a Utah Republican who dismissed the idea of seeking Trump's returns last week.

House Republicans contend that the authority to examine tax returns was meant to ensure the proper administration of the tax code. Brady said his panel was doing just that in 2014, when it released confidential tax data during a probe of IRS treatment of conservative group applications for nonprofit status.

REUTERS

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RACHAEL CLEMMONS
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Derek and Hannah Jeter are having a baby

Add another couple to the list! Celebrity couple #329 — I'm assuming, because everyone is pregnant at this point — Derek and Hannah Jeter are expecting their first child. The 26-year-old model, formerly of Sports Illustrated Swimsuit fame, announced her pregnancy on The Player's Tribune. The for-athletes, by-athletes media site, which is owned by Derek Jeter himself, has a new column where athletes' friends and family members gush about how darn great they are. Hannah Jeter thought that was the perfect opportunity to announce: a) her pregnancy and b) that she thought he was a pitcher. The pair married in July 2016 after dating for three years. According to E! News, they are extremely excited and in love, and are super looking forward to having a family. Congratulations to the couple who just can't stop telling us how damn happy they are!

Val Chmerkovskiy on his breakup with Amber Rose

Trolls gonna troll. And apparently they've been hounding Val Chmerkovskiy about his recent split from Amber Rose. On Instagram, the "Dancing With the Stars" pro wrote a lengthy message taking on the, erm, haters who have been spamming his posts.

"I am addressing this topic solely in hopes that after reading y'all will stop spamming my posts," the 30-year-old wrote. "We decided to end our relationship a week ago. … She's an amazing woman that I feel very lucky to have gotten to know and love." He goes on and on … and on. Seriously, the post did not need to be this long. The unkind messages were likely inspired by Rose's recent and exceedingly public reunion with ex-husband Wiz Khalifa. They were spotted kissing and doing some above-the-waist stuff on the red carpet this weekend. Chmerkovskiy had been dating Rose, 33, for about five months. And now, let us mourn yet another long and fruitful celebrity relationship.

Kylie Minogue breaks up with ex because of fam

Oh, man. It's looking like there's more to the story of Kylie Minogue's broken engagement, and it is not pretty. According to the Daily Mail, the 49-year-old singer kicked out ex-fiance Joshua Sasse after her family gave her an ultimatum: Choose between us or him. It appears that the Minogues do not play games. An insider — it's always those damn mysterious inside sources, isn't it? — says sister Dannii Minogue found out some stinging truths about Sasse and organized some sort of dramatic intervention. Minogue's parents were reportedly concerned that the 29-year-old "Galavant" actor was using Minogue for her fame. Now, I'm not saying Sasse is a gold digger. But he ain't messing with no broke brokes, ya feel me?

ALL PHOTOS GETTY IMAGES

Solange hints at Grammys boycott

Solange is truly my fave. The "Cranes in the Sky" singer, who grabbed an award at the Grammys this weekend for Best R&B Performance, took to Twitter with a cryptic message after sister Beyonce was snubbed for Album of the Year.

"Wuddup frank," she wrote, linking to a Tumblr post that rapper Frank Ocean wrote last week. According to People, Ocean had extensively criticized Grammy organizers Ken Ehrlic and David Wild, and accused the show of suffering from "cultural bias and general nerve damage" — which, true. Many performers skipped the awards this year, including Ocean, citing how archaic they've become.

The younger Knowles, 30, is no stranger to controversy. May I remind you of the elevator debacle? Basically, Solange suffers no fools. Be careful, old white dudes who run the Grammys.

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Single and Swiping: How to make sure your conversation flows on a date

Single and Swiping

It's not uncommon to go on a date that feels forced and wonder, "How could I have misread the connection?" It can happen whether you're five dates in on Valentine's Day or it's a first date on any day of the week.

To flirt with each other in real life and connect completely, you need to create conversation flow (and great nonverbal communication too, of course!). If you're feeling disconnected, ask yourself: Has our groove synced yet? Experiencing an epic date that leads to another could be as simple shifting communication.

Here's exactly how to create conversation flow so you connect every time:

Whatever you do, don't babble. ISTOCK

Don't fear the lull.
It's common to want to fill every silence. But you risk babbling or making the conversation more awkward than it was originally. And you could inadvertently come off as self-involved. Remember: You are there to receive communication as much as you are to actively communicate. Spend as much time listening as you do talking and your date will feel like you were as interested as you were interesting.

Let each topic linger.
When conversation isn't flowing right, then the tendency is to bounce from one topic to the next. You'll find your flow when instead, you focus on "me too" moments. When you hit a topic you can relate to, add on to what your date is saying. It will further qualify you as a great match for them and help you create conversation comfort.

Go beyond small talk.
Small talk creates common ground. However, any more than five minutes of the weather or how your day was and you risk losing your connection. A recent EliteSingles survey found that 25 percent of Americans find "chit-chat" boring when on a first date. Get deeper than surface level by asking about your date's family, recent trips and other topics they may be passionate about. The best questions to ask are follow ups, like asking about something you know from your online messages. For example: "How did (insert topic) go this week?" It reminds your date you know each other already, creates instant comfort and removes the tension so sparks can fly.

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Mary Martello gets personal in 'Songs My Mother Taught Me'

The cabaret will be performed at The Arden Studio Theatre.

A.D. AMOROSI
@MetroPhilly
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If you've been to the theater in Philadelphia, you've probably witnessed the marvel of five-time Barrymore Award winner Mary Martello as the angry Irish mother in "The Beauty Queen of Leenane" or the goofy Roz singing throughout "9 to 5." In 2017, Martello will star in "Gypsy" at the Arden Theatre and "The Importance of Being Earnest" at Walnut Street Theatre. Before all that, however, she performs in "Songs My Mother Taught Me," an elegant evening of tunes and spoken remembrances that finds the actress as naked as it comes, reflecting on her life.

You've been doing this for a minute. What roles stick out?

Mrs. Lovett from "Sweeney Todd" was so diabolical. I like playing characters with honest dilemmas.

How did you come to do "Gypsy" at the Arden?

Part of [Artistic Director] Terry Nolen's mission statement is finding the story within a script. That is just the most important thing. I have been well taken care of in that journey at the Arden, even when the places are dark. "Gypsy" is an homage to the respect and love we have for each other's work.

That surely translates to "Songs My Mother Taught Me."

As you learn your craft and your head comes up out of your a—, you say, "Oh, this is what it's about." You see ideas such as directing beginning to percolate. The idea of the solo cabaret is the most frightening idea in the entire world, thus, I must do it. My mom used to tell me that, to face fear as such.

What's so scary?

It's all just you. And who are you? One of the gifts of getting older is that you can't be anything but who you are. Nobody else can, either, so we're all in the same boat.

Your mom told you to embrace your fear. How else did she inspire this particular cabaret?

Mary Martello as Mrs. Peachum in "The Threepenny Opera" at the Arden Theatre. MARK GAVIN

I can remember as a child watching Noel Coward films and vignettes with her. As I was working on the idea of this cabaret, which is filled with Jimmie Rodgers' cowboy tunes and Coward songs — that memory of her hit me hard. We all have rocky upbringings, so that recollection got me. It made me realize that she made me who I am. I wanted to explore that inspiration.

If you go

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ardentheatre.org

You're a mom to several children, one of whom, Benjamin, is a jazz guitarist. Do you feel as if you've given him similar inspiration?

I hope so, which is why I brought him in on this cabaret. She provided me with so much music, none of which I ever asked her about, and I wish I had. I provided my kids with so much music and talked it up. Benjamin picked up that guitar at age 7 and never put it down. Neither she nor I nor my son ever let music leave our lives.

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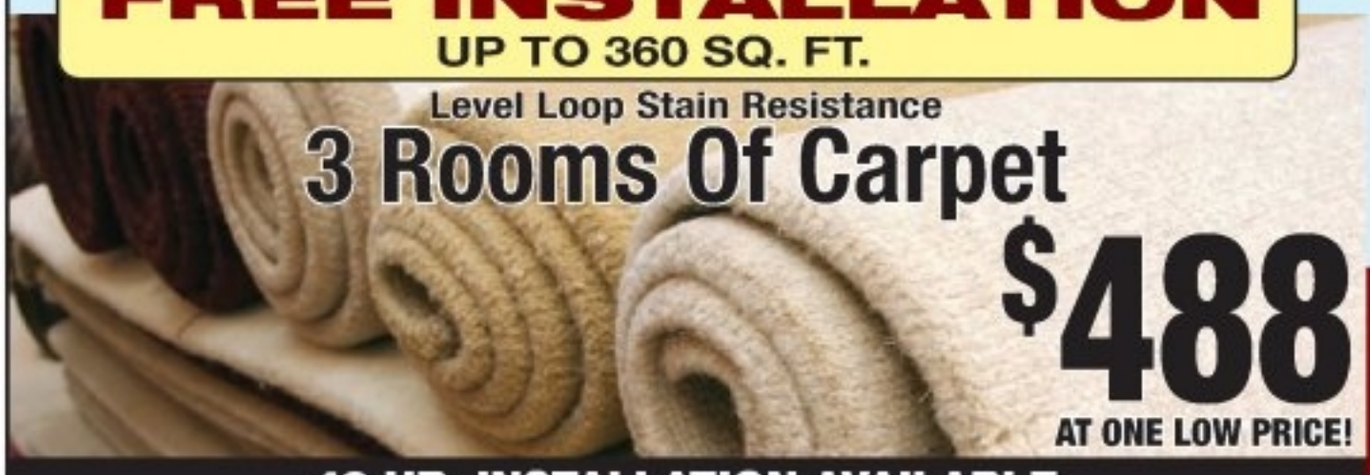

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5 tips for buying Valentine's Day jewelry

Hint: Real diamonds are a girl's best friend.

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Harvey Rovinsky of Bernie Robbins Jewelers inspects a diamond. ALL PHOTOS PROVIDED

If you have lofty aspirations for Valentine's Day and want to go the extra mile for the woman in your life, jewelry is a memorable (and sparkly!) way to go. Never walked into a jewelry store before? Not to worry. Bernie Robbins owner Harvey Rovinksy offers some basic tips for picking the perfect gift as well as getting an accurate fit.

1 To ensure you buy something she'll love, ask questions

Take notice of what she likes to wear. Does she tend to gravitate toward more simple pieces? Does she prefer silver to gold? "We teach our people to be inquisitive," Rovinsky notes. "What you decide will also depend on the stage of the relationship."

2 A bracelet or necklace is more appropriate if it's a relatively new relationship

While putting a ring on it is a great gesture for couples who have been together long-term, if you've been dating a year or less, a necklace or bracelet is more appropriate. "Any kind of a ring indicates more of a commitment," Rovinsky says.

3 When putting a ring on it, bring in a ring she already has for correct sizing

Putting a string around her finger while she's sleeping doesn't work, Rovinsky says: "Aside from sneaking a ring and bringing it to the jeweler to measure, no other way is really accurate."

4 Diamonds are always in fashion

Can't decide on a stone? Diamonds really are a girl's best friend and always *en vogue*. "If you're ever stuck, just pick diamonds and you'll be golden," Rovinsky adds.

A selection of necklaces by David Yurman

5 Go for the real thing

While synthetic diamonds may be cheaper and look pretty much the same as natural ones, Rovinsky advises against buying them: "Synthetic diamonds would be a depreciating asset, whereas real diamonds have a potential increase in value."

On a budget of $500 or less? Go for something by designers like David Yurman or Roberto Coin. "These are all beautiful fashion items that are recognized by every woman. She will feel proud to get a gift that is from one of these designers," Rovinsky says.

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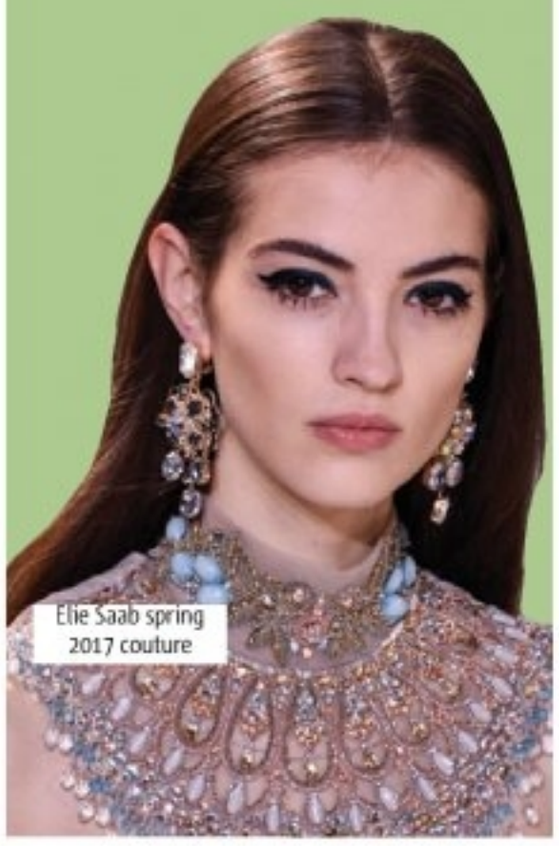
The new girls

Meet the models destined to become household names this runway season. NICOLE HUNTER

Camille Hurel

Declared the top French newcomer of last season by Harper's Bazaar, the 18-year-old had her catwalk debut during the fall 2015 season via Givenchy. Since then, she's walked in a long string of majors: Dior, Chanel, Versace, Fendi, Valentino ... the list goes on. You may recognize her as the star of Vera Wang's spring/summer 2017 campaign. Expect to see a lot more of her this month.



Elie Saab spring 2017 couture

Radhika Nair

Nair made global headlines last season when she became the first Indian woman to walk the Balenciaga runway. Hard to believe, we know. Rhadika's runway success was so meteoric she didn't have a major agency representing her prior to her Balenciaga casting. Since then, the Bangalore native has proved herself to be a new favorite of fashion's ultimate tastemaker, Balenciaga and Vetements Creative Director Demna Gvasalia, appearing in Vetements' most recent show. She also just made an NYFW appearance in the Sies Marjan show.

Vetements spring 2017 couture

Jess PW

Jess Picton-Warlow's 50 spring 2017 runway appearances (Valentino, McQueen, Versace and a whole lot more) qualified her for the official title of girl-of-the-season in Vogue's eyes. A native of Australia, she's a hit with casting directors for her natural-yet-edgy beauty. It's all in the cheekbones.

ALL PHOTOS GETTY IMAGES

Tommy Hilfiger spring 2017

Jourdana Phillips

"Who is the pretty girl with the blond fro?" was the question on everyone's lips at the Saint Laurent show last October. The girl from Houston had chopped her previously long straight hair off, dyed it blond, and got herself a runway exclusive in Anthony Vacarello's big debut as creative director of Paris' iconic house. Since then, she's tripled her celebrity by walking the Victoria's Secret show, earning cool points for being one of the very few black women to wear her hair unstraightened in the show.

Ami Alexandre Mattiussi menswear fall 2017

Christian Dior spring 2017

Selena Forrest

Nominated as a 2016 breakout star of the year on Models.com, Selena Forrest is not an entirely new face to the runway, but her career has reached a new level in recent seasons since walking in career-making shows such as Prada, Louis Vuitton, Chanel and Dior, and appearing in Vogue regularly. Look for her in Saint Laurent's latest campaign.

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wellbeing

'Virtuous Tart' cookbook 'takes the hell out of healthy'

"Virtuous Tart" author Susan Jane White's Honuts, or health doughnuts, are made with coconut sugar, brown rice flour and cinnamon-spiked applesauce. ROOST BOOKS

Author Susan Jane White shares her secret to guilt-free treats.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Susan Jane White has always had a sweet tooth, but that doesn't mean she's a sugar fiend. The Dublin-based bestselling author of "The Extra Virgin Kitchen" used to devour everything and anything in her sight. But more than a decade ago, while White was a graduate student at Oxford University, a spate of immune-related flareups, from cramping to cold sores, severe exhaustion to psoriasis, caused her to change her eating habits. The chronic illnesses that had her in and out of the hospital for testing and constantly on antibiotics led her to try an elimination diet. This not only eradicated her symptoms, but gave White a newfound calling as a nutritional chef — or a "nut," as she jokingly calls it.

For the "Honut" recipe visit **metro.us**

White's latest cookbook, "The Virtuous Tart: Sinful but Saintly Recipes for Sweets, Treats and Snacks," provides gluten-, refined sugar- and dairy-free dessert recipes to satisfy your cravings, while keeping your insides happy.

We spoke with the saucy 37-year-old author ahead of her February book tour in New York about how she "takes the hell out of healthy" and why we should all count nutrients, not calories.

Here's the big question: How do you make sweets taste good without using refined sugar, gluten or dairy?

I'm a junk-food veteran, so I know what I'm looking for! Treats have got to taste amazing, or else what's the point? We use natural sugars such as honey, sticky dates, coconut nectar and maple syrup. I can't accuse any sugar of being healthy, but these are all better choices to seduce my sweet tooth. I feel fuller and satiated much quicker.

How did changing your diet cure your immune disorder?

Michael Pollan has a brilliant saying — "I'd rather pay the grocer than the doctor." My illness taught me to do exactly that. Fourteen years ago my diet used to be very restrictive: cereal and milk for breakfast, biscuits, cakes, scones for snacks, filled roll for lunch, pasta for supper, followed by hot, milky drinks and more junk-food snacks. Cutting down on dairy, wheat and processed sugar offered me new taste buds, and a new lease of life. Suddenly I was exposed to hundreds of outrageously tasty ingredients that I never even knew existed. Chestnut pancakes, soba noodles, buckwheat waffles, chickpea falafel, [zucchini] noodles, Mexican chili bean. Today my diet is mind-blowingly tasty, and I can't believe I'm so healthy, too.

In your book's introduction, you write "it makes a lot of sense to count nutrients, not calories." Can you explain your thinking there?

Sure! You could reduce your calorie intake significantly just by eating jelly all day. But that's not healthy — you'd be doing your brain and your battery a huge disservice. So, for me, the idea of calorie counting is utterly bankrupt. It doesn't look after your body or your health in my opinion. Focusing on nutrients will get you to your "happy place" much quicker! I'm not interested in size; I'm interested in happiness. I'm interested in performance. Treat your body like an athlete would — we've all got races to run and hurdles to jump. I don't want to sabotage my own fuel supply. I've learned that food should give you energy, not take it away.

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FLYERS NEED CHANGE — STARTING WITH STEVE MASON

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It's clear, by now, this season's version of the Flyers is mired in slush. Only Wayne Simmonds' OT goal saved them from humiliation during a five-game homestand. They cling to the final playoff spot while embarking on a Canadian road swing, and the math — 15 of their final 26 games on the road — looks ominous.

That 10-game win streak back in autumn was an illusion. This team can't score goals, can't shut down the net, rarely comes up clutch. And the product — for so long among the sport's most exciting — has become stale.

Blame who you like, because there's plenty to go around. Captain Claude Giroux, face of the franchise, is on pace for just 18 goals and a minus-25 season. He has just one even-strength goal in the last 21 games, fewer than Nick Cousins.

Likewise, Jakub Voracek, owner of an eight-year, $66 million deal, suffers through another season where he can't score. Other young players touted as part of the nucleus are failing: Sean Couturier, Matt Read, Shayne Gostisbehere — especially Gostisbehere.

Coach Dave Hakstol isn't helping his offense by shifting to a defense-at-all-costs system. Nor is he helping his credibility by telling fans at a town hall meeting that slogger Andrew MacDonald is "a top three- or four-defenseman in this league."

Ron Hextall, never known for calm or patience as a player, is showing both as GM. His lineup is largely the work of his predecessor, Paul Holmgren. Hextall reads the glowing scouting reports on his prospects and waits … and waits.

Expect to see many new faces on the Flyers by next season, starting with the goaltender. GETTY IMAGES

One date looms on the calendar. The NHL trade deadline is two weeks away. The Flyers would be foolish to be buyers on March 1, and equally foolish to stand pat. This team needs change.

The most obvious chip is veteran defenseman Mark Streit, who'll get back a middling draft pick. Another idea is to swap goalie Steve Mason to a playoff-bound team looking for insurance.

Mason has now been here four-plus seasons and the Flyers haven't won a playoff round since his arrival. Despite some calling him an elite goalie, all evidence shows him to be a streaky player capable of getting hot for a few weeks — and then surrendering a costly cheapie at the worst of times.

He's a free agent after this season, which means Hextall would need to commit big money to keep him. Meanwhile, erstwhile backup Michal Neuvirth has been the better netminder this year. And there are a gaggle of goalie prospects in the system, starting with 6-foot-5 butterfly-style Anthony Stolarz, who could back up Neuvirth next season and hold things down until teenager Carter Hart matures.

Mason is not the Flyers' biggest problem this season, but he's also not their solution. My radio partner Ray Didinger calls him hockey's Sam Bradford — a guy who'll shine at moments, never live up to the potential some foist on him and too often be absolved of his mistakes.

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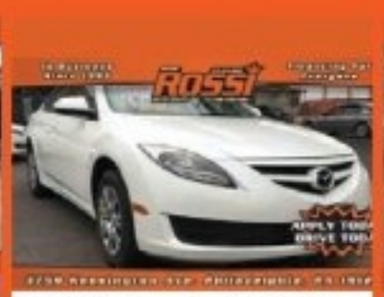

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It may be a little while until Joel Embiid has a clean bill of health. GETTY IMAGES

Don't expect Embiid to ever be an 82-games-per-season player

The Sixers' star center has not played since January and looks to be more and more like a fragile, injury-prone player.

EVAN MACY
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In three seasons since being drafted out of Kansas, Sixers center Joel Embiid has missed 187 out of a possible 218 NBA games.

He's had a pair of surgeries to his foot, and is currently out until at least after the All-Star break with a slightly torn meniscus in his right leg.

Called an "NBA unicorn" by pundits like Bill Simmons, Embiid's case is unlike any seen in the NBA prior. His stats, over a short sample of 31 games, suggest that when he's permitted to play he is one of the best defensive and offensive centers in the entire NBA — right now, as a rookie.

And once he's surrounded by Ben Simmons and a contending basketball team, who knows what he'll look like? Bombing threes, swatting shots left and right, playing perimeter defense and posting up like Hakeem Olajuwon are just a handful of the 22-year-old's skill sets.

But has there ever been a superstar so young who was limited so much?

The closest comparison is Bill Walton, who was a star at UCLA and drafted by the Portland Trailblazers in 1974. Over four injury-rattled seasons, Walton played in 201 games (50 per season), averaged 13.3 points, 10.5 rebounds and 2.2 blocks per game and just over 33 minutes per contest.

Embiid is averaging 20.2 points, 7.8 rebounds and 2.5 blocks per game through 31 games and just over 25 minutes per game.

Walton won an NBA title in 1976-77 with Portland and another 10 years later as a sixth man in Boston. Embiid projects to being a much more productive and game-changing force. But can he be if he continues to sit games out for "maintenance days," for minor knee injuries and as a precaution due to his prior history with injuries?

The latest ailment for Embiid, which was originally diagnosed as a bone bruise, will cost NBA fans the chance to see him in the Rookie Challenge and Skills Competition at NBA All-Star weekend. But, as GM Bryan Colangelo says, in the future this injury could be less of an issue.

"A lot of players play with minor tears," Colangelo said. "Once again, the injury is thought to be mostly about the bone bruise and that's what he's being treated for. The tear does not seem to be the source of the pain, the symptoms at this stage and he's moving forward accordingly via the things he's doing on the court."

Also according to Colangelo, via Philly.com: "Since the tear is not believed to be acute, the injury 'likely or could have been pre-existing.' Embiid is being treated for the bone bruise, Colangelo said."

Which implies there will be no shortage of minor injuries in the future.

Would the overly precautious Sixers allow their star to fight his way through pain and injuries like so many other NBA players do? Will he be able to learn to play with pain if he's held back so often from doing so?

The body of evidence thus far — albeit a small sample size — suggests that getting Embiid through 60 games a year would be an optimistic expectation.

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Is Okafor trade still in the works?

A Jahlil Okafor trade looks imminent for the Sixers.

The oft-benched center — gifted offensively but lacking a proper fit in Philadelphia's future plans — did not travel to Charlotte for Monday's game against the Hornets, days after not traveling to Miami this weekend.

The Sixers have been mum on the specifics, but it is clear trade talks are ongoing as the deadline approaches next week. The Nuggets and Blazers, believed to be in the mix, are no longer suitors after the teams swapped Mason Plumlee for Jusuf Nurkic on Sunday.

The Bulls and Pelicans remain as likely landing spots for Okafor, but reports suggest the Sixers are being patient and searching for the right deal.

"Jahlil Okafor's situation is transparent," Sixers head coach Brett Brown told media members after shootaround Monday. "He's in the middle of being discussed in trade scenarios. So I felt that it complicates things to play him the last game, and now clearly this is continuing on. That's the reason he isn't here."

"It isn't completely structured. His life is, right now, up in the air a little bit. We're mindful of that, we're respectful of that. We'll progress as it unfolds."

Chicago's Jimmy Butler is the biggest and most desirable name, and though he's been the subject of a bevy of rumors he may not be the return piece. New Orleans' Jrue Holiday has also had his name thrown out, and he is a perfect fit for the Sixers. Whether the team can land a big star is doubtful but not impossible.

More likely will be the acquisition of a mid-level veteran along the lines of Ersan Ilyasova or a protected first round draft pick.

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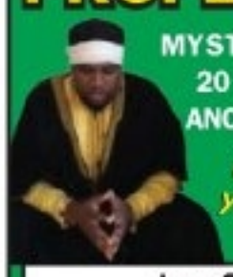

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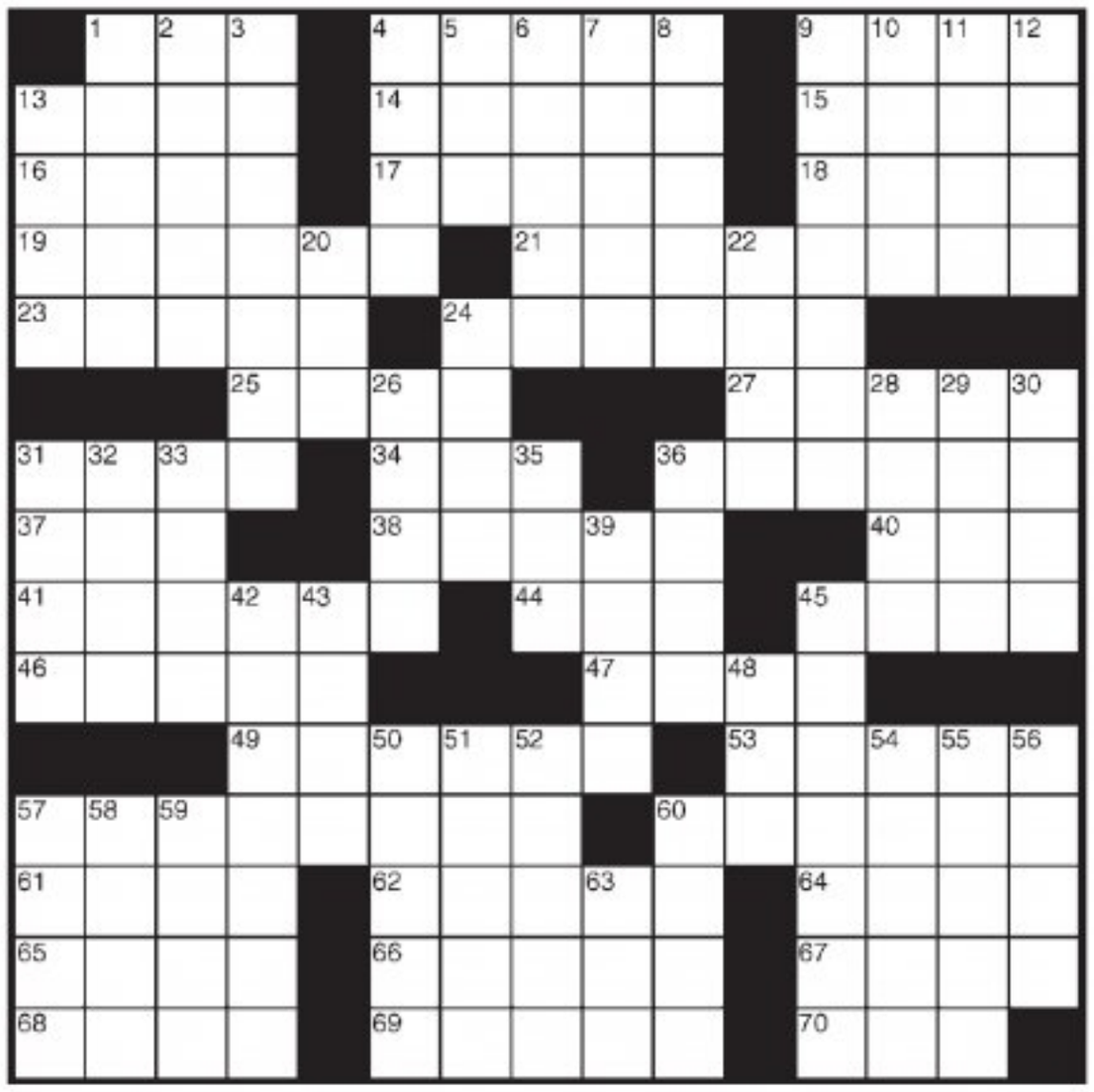

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			1	3			9	8

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Aries Added discipline will help you conquer whatever you set out to achieve. Personal relationships should be nurtured if you want to avoid complaints.

Taurus You'll be faced with opposition if you try to do things differently. Question whether your plans are lacking and what you can do to alter the outcome.

Gemini Precision and attention to detail will be required if you want to make a lasting impression. Get involved in an organization that shares your concerns.

Cancer Be careful who you confide in. You are better off listening to what others have to confess. Knowledge and information can put you in a powerful position.

Leo You can raise awareness among your friends and colleagues if you share your beliefs or lifestyle choices. Self-awareness and confidence will promote popularity.

Virgo Don't let anyone handle your personal, financial, legal or medical affairs. Take pride in what you do and how you handle anyone trying to interfere.

Libra If you say what's on your mind, you will affect how people react to your plans. Show confidence and the willpower to follow through. Romance is highlighted.

Scorpio Stick close to home and make personal alterations to clear up any uncertainty that has been troubling you. Greater self-awareness will bring promising results.

Sagittarius Make changes that will help you look your best and feel healthy. Spending time with family and engaging in challenging physical activities or look promising.

Capricorn You'll be challenged at every step if you try to get others to do things your way. Do your own thing and allow others the same privilege.

Aquarius If you change the way you go about your business, opportunities will arise. An open mind and a keen interest in money matters will improve your standard of living.

Pisces Let your imagination take control. The importance of feeling free to be creative will help you make important decisions and changes to your personal life. EUGENIA LAST

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ARE YOU EXPERIENCING POSTPARTUM DEPRESSION?

PRA Health Sciences in Marlton is now seeking mothers with postpartum depression for a clinical research study. Qualified participants for this study should be between ages 18 and 45, with postpartum symptoms for the past six months or less. In addition, participants should not be pregnant.

Those who qualify for this study may be compensated for their time and travel. Transportation is available. To learn more, visit volunteers.prahs.com or call 844-PRA-PINK (844-772-7465).

PRAHEALTHSCIENCES

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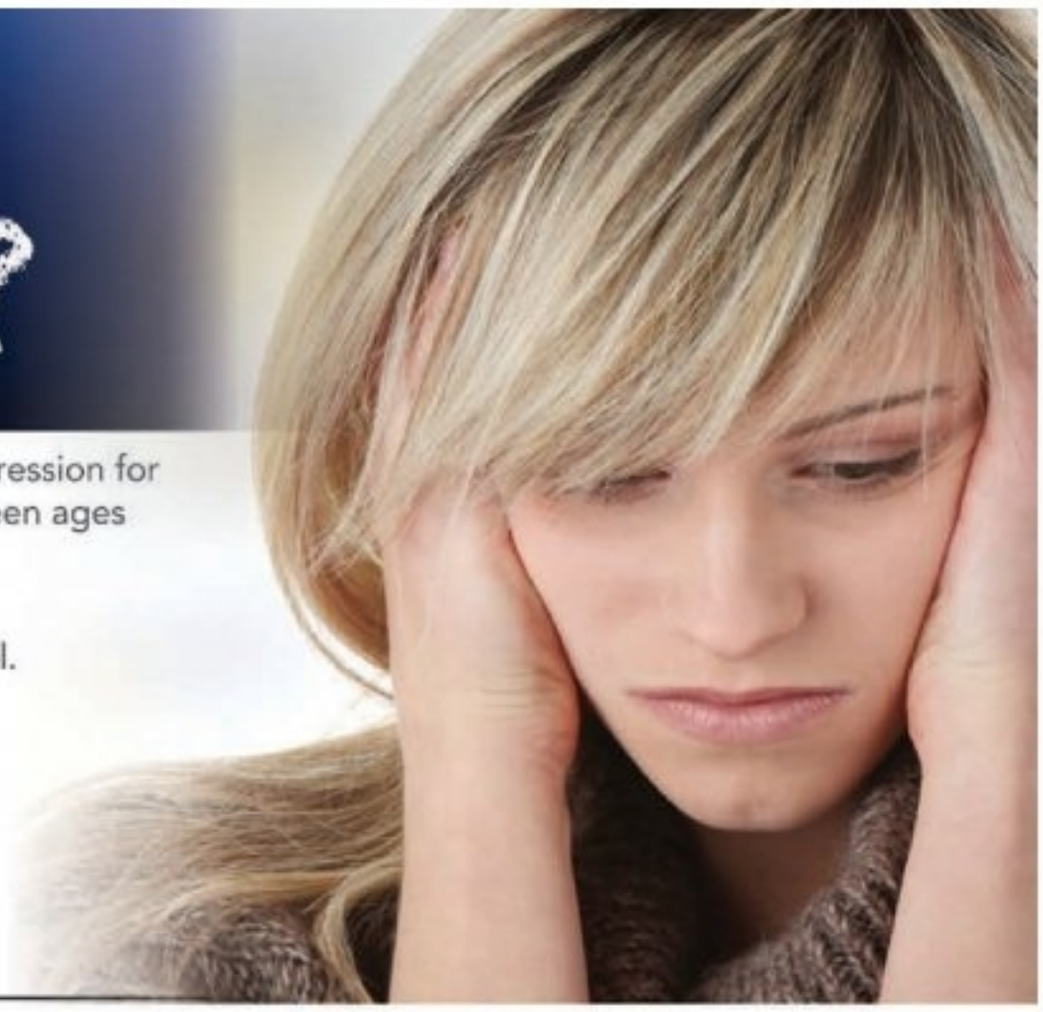

DO YOU KNOW SOMEONE WHO HAS BEEN DIAGNOSED WITH SCHIZOPHRENIA OR SCHIZOAFFECTIVE DISORDER

If so, that person could qualify for a medical research study being conducted by PRA Health Sciences in Marlton. Qualified participants for this study should be between ages 18 and 55. This individual should not currently be on antipsychotic treatment other than oral risperidone. Females should not be pregnant or about to become pregnant.

Those who qualify for this study may be compensated for travel and other expenses related to study participation. Transportation is available.

To learn more, visit **volunteers.prahs.com** or call **844-PRA-PINK**

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DO YOU OR SOMEONE YOU KNOW HAVE MILD ALZHEIMER'S DISEASE?

PRA Health Sciences in Marlton is now seeking individuals with mild Alzheimer's disease for a research study. To qualify for this study, individuals should be male or female between ages 55 and 85. Other than mild Alzheimer's, they should be in general good health. Females should be postmenopausal for at least one year or surgically sterile.

Those who qualify for this study may be compensated for time and travel.

To learn more call PRA Health Sciences today at 844-PRA-PINK or visit Volunteers.prahs.com.

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